

























































































PLEASE DONATE TO YOUR FIRST PERIOD CLASS

- Canned Meats
 - Soup/Chili
- Vegetables/Fruit
 - Canned Juice
- Any non-perishable canned item!



THE CLASS WITH THE MOST PARTICIPATION
WILL WIN A PIZZA PARTY!

POCAHONTAS COUNTY SCHOOLS March Breakfast and Lunch Menu 2020

March 2-6 - National School Breakfast Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Roll Cereal Fruit Turkey & Cheese Hoagie Mixed Vegetables Baked Beans Fruit	Scrambled Eggs w/Cheese Toast Yogurt Fruit Breaded Pork Chop Patry Macaroni Salad Fresh Orange/Red Pepper Sticks w/Ranch Dip Mixed Fruit	Sausage Croissant Fresh Sliced Apples Chili Wade's Bake Potato w/Sour Cream California Medley Combread Fruit	Banana Whole Grain Muffin Cereal Fruit Chicken Patty Sandwich w Lettuce, Tomato, Onion Sweet Potato Fries Steamed Broccoli Fruit Homemade Cookie	Whole Grain Toasted Bagel w/Cream Cheese Yogurt Fruit Salisbury Steak Mash Potatoes w Gravy Green Bears Homemade Roll Peaches
Pancakes w/Syrup Apple Slices w/Wow Butter	Egg and Cheese Biscuit Cereal Fruit	Banana Bread Cerval Fruit	Crispy Chicken Biscuit Cereal Fruit	Strudel Fresh Orange Slices
Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Mixed fruit	Cheeseburger Lettuce Tomato Sweet Potato Fries Pinto Beans Applesance	Chicken Pot Pie Parmesan Broccoli Apples Slices w/ Wow Butter Ice Cream	Spagheni Romaine Salad w Tomatoes Green Beans Homemade Roll Fruit	Philly Cheese Steak Hoagie Sliced Carrots w Ranch Diced Potatoes Fresh Cut Fruit
Egg and Cheese Wrap Cereal Fruit Chicken Tenders w Caesar Romaine Salad	Pretzel w/Cheese Cereal Fruit Pizza Broccoli Salad	Biscuits and Gravy Cereal Fruit Vegetable Soup Grilled Cheese Sandwich	French Toast Stix Cereal Fruit Mentball Hougie Sweet Potato Fingerlings	Smoothle/ Yogurt Parfair Cereal Alfredo w/A Twist 5 Way Veggies Homemade Roll
Corn Homenside Roll Fruit	French Fries Carrot Stix w Rabch Fruit	Steamed Broccoli Peaches Brownie	Bake Beans Green Beans Juice Sidekick	Orange Slices
Sansage Pancake Stix Yogurt Fruit Popcorn Chicken Mash Potatoes Green Beans Homemade Rott Fruit	Super Donut Cereal Fruit. Fish Stix Scallop Potato Carrot Stix Homemade Roll Fruit	Sausage Breakfast Pizza Fruit Beef Mac and Cheese Steamed Broccoli Peas Homemade Roll Fruit Birthday Cake	Zucchini Bread Cereal Fruit Chieken Nuggets Romaine Salad Com Homemade Roll Fruit	Sausage and Egg Biscuit Fruit Pepperoni Roll w/Pizza Sauce Dip Macarom Salad Bake Bears Cooked Carrots Fruit
Mini Waffles Cerval Fruit Hot Ham and Cheese Tator Tots Peas Sheed Carrots Stex Fruit	Cooks' Choice Breakfast Cooks' Choice Lunch			









































































































